

What do you do, your spouse, that you still love, tells you that he or she doesn't love you. As a matter of fact they might be telling you that the marriage is over, or at least that they want it to be over. Maybe he or she has already left, maybe they're still in the home, but you know that things are in dire situations. Yet because you still love your spouse you wanna make it work, and you're thinking, "What do I do, what do I do?" Well we want to help you with that. We're gonna teach you systems that if anything works, this will. If anything works this will. Please understand that.

But before we start teaching you the things to do, please understand some things that you shouldn't do. And top of the list there is, please don't sabotage you. I know this sounds ridiculous, but stay with me just for a minute. You say, "What do you mean sabotage me?" Sometimes the initial emotional reactions that people have actually work against them, and definitely against putting the relationship back together. I mean it's human, it's a a thing that you feel. It's not that you strategized it, it's just your reacting based on what's really inside your head and your heart, and we get that, but if you can control those things, you can keep yourself from sabotaging you, and sabotaging what you can do, that if anything works this will put this relationship back together.

Now the first thing to understand is, don't let your emotions rule you. I know, I know, easier said than done. But try, you say, "Why?" Well if you really love someone, and all of a sudden find out that this relationship is in a really bad situation and he or she wants out, almost universally the first reaction is panic. Now if you don't want him or her there, you'll react very differently. But if you really want that relationship to last, you panic. Oh my goodness, I mean what's gonna happen. Please try to control that, don't think in terms of, "Oh my goodness, this is what I'm losing. How can I control this?" Which is really what panic is. But more in terms of, "Okay, my world is not over," believe me it's not.

Oh I know, you want to make this relationship last. You want to salvage this marriage, that's why you're watching this video. And I want to help you, I really do. And what we're gonna teach you will work, if anything works. But if you panic, it's all about you losing control over you. Understand it this way, whatever your spouse does may hurt you, as a matter of fact you're hurting already, so you know that to be true, but it's not going to destroy you. Now if you're living with a spouse that is physically damaging to you, that's a different situation altogether and you need to watch different videos on this site about what to do if you're in jeopardy.

Now I'm assuming that the people I'm talking to right now are not in jeopardy, and you're panic's more about what you are going to lose, this relationship with this person that you love, rather than panic because you think that you're in danger, physically, mentally, emotionally, or spiritually. Now, if you're not in danger, don't react like you are. Because then all of a sudden your mind goes into this fight, or flight, or freeze, syndrome, because if you really think you're in danger. The panic being this is scary I don't know what I'm gonna do if this relationship doesn't make it, you're either gonna run, that's not gonna help, or you're gonna start all kinds of arguments trying to convince him or her this is just wrong, you can't do this. You need to stay with me. You've gotta do the right thing.

And fighting is not gonna help the situation. Or you'll just freeze, what I mean by that is you'll just shut down, you'll just stop operating, you'll be almost useless to yourself, your children if you have them, and anybody else including your spouse. So rather than thinking in terms of danger, think in terms of, okay, this hurts, I don't want it to happen. I'm gonna do everything I can to keep it from happening, but if it does I will survive. Not only will I survive, I will make for myself a good life. Oh I'd like for my husband or wife to be with me, I really want that to occur, but my happiness is not dependent upon whether or not

he or she stays. Would it make my happy if he does, if she does? Sure, and we'll try to help you with that in every way we can.

But please understand that even if what we teach you doesn't work, most of the time it does, but I can't guarantee that it always does, that you are gonna be okay. You understand? You're gonna have a decent future. Now if you're thinking, wait a minute if I start thinking like that, he or she won't want to stay with me. Actually, it makes you more attractive, more attractive in the sense that they really do wanna stay with you. But beyond that it leads you to be able to do some things that you won't be able to do in panic mode. So please do the best you can to overcome your panic.

Now if you can't do it on your own, you may consider going to your physician, telling him or her I'm having these panic attacks, I don't think I've got the ability to control, and he or she will possibly, maybe even probably, give you a prescription that can help you control that. I hope you don't get enough that it just kind of deadens you where you don't react at all, but enough that you can keep under control. And therefore, please don't act out of fear. I know what you're afraid of, I get it, you want that person to stay, you're afraid of losing him or her. But again, that fear thing makes you do things that are irrational, and it makes it much, much, more difficult, much, much, more difficult to control your own emotions.

So the opposite of fear is faith. Now I'm not trying to teach you about religion right now, I'm trying to teach you about you. Faith in yourself, believe in you, the good things about you. Well I doubt you're perfect, I haven't met anybody who's perfect yet. And I imagine if we sat down over coffee and talked about what's going on, we could find some things that you did not do well just because of the fact that you're human and everybody messes up. Everybody messes up. But have faith in you, look for the good qualities that you have. Now that could be your physical qualities, but it doesn't just depend on that. You don't have to be the most beautiful person in the world physically. Look at your intellectual qualities, how do you think. Your emotional qualities, who you are and how you affect other people. Your spiritual qualities, in other words what you believe, what you value, how you operate and what motivates and drives you.

And if you have faith in you, and I'm asking you right now to have some faith in me. I'm gonna tell you the truth no matter what. I am not gonna lie to you, that's why I'm asking you to have faith in me. Well, enough so that you'll believe that what I'm teaching you works, if anything works. And has worked for thousands of people. So overcome that fear with faith, and faith in the future, that even if that doesn't bring your spouse back, and we hope it does, that's what we're here for. But even if it doesn't, faith that what you're gonna learn will actually make a good life for you in the future with someone else. Now I know that's not what you're looking for, it's not what I want for you either. I want to help you save this marriage. But if your spouse just doesn't respond, you can have a good future. So have faith in your future as well.

Oh and by the way, if you're angry, welcome to the club, most people in your situation are. For example, if your spouse is involved with somebody else, you're probably really mad at him or her, and I get that. If there's some situation around, like for example, your in-laws rather than trying to help save your marriage are actually appearing to encourage your spouse to leave you, or go do whatever it is he or she's doing, you're mad. I don't blame you, I would be too. But understand that anger is based on pain, and the anger that you're feeling is just revealing the pain you feel inside. But if you allow yourself to act out of anger, you're gonna sabotage yourself. So it's okay, admit to yourself, I'm furious. That's okay, tell the truth to you about that. Give yourself permission to be mad. I have every right to be mad about this,

and you do. But then remind yourself, but I'm not gonna let my anger control me, because if it does I'm gonna do some really dumb things.

So get over your self pity if you have it. I mean have you ever had a pity party? When you sit around feeling sorry for yourself? It's an interesting party, a pity party is, because you don't invite anybody else to come, because they might cheer you up. Don't wallow in your grief. Don't wallow in your misery. You are gonna take control of you. Understand? And by so doing, you're gonna revolutionize your life, you are. Hopefully to the point of saving your marriage, but even if that doesn't happen, you're gonna revolutionize your life for good. So stop painting the negative pictures in your mind. Stop thinking about worst case scenarios, oh my goodness what's gonna happen if he does that? What's gonna happen if I wind up there, or I'm gonna be in financial trouble. What's it gonna do to my kids? All those are valid considerations, but they're not the things that should be permeating your thinking right now, because if you allow that to happen it's going to sabotage you.

Are you getting this? I'm telling you what not to do. Don't sabotage you. And at the same time, don't make decisions hastily. Because right now you probably need some good council, if your emotions are a stir, 'cause when you make decisions emotionally, sometimes later you really, really, regret them. I mean for example I know of one lady who drove over to where another lady was, and that other woman was the woman involved with her husband, called her outside and just knocked her down. That's a pretty hasty decision, and I'm sure she has a very short term good feelings about that, like I got her. She didn't feel quite so good when the police showed up, and the charges were filed.

Now, you probably are not gonna make decisions that hastily, maybe you already have, if so don't do that again. But what you really want to do here, and again I'm telling you what not to do, why not make decisions hastily? Because almost inevitably they're gonna be the ones that backfire on you. And certainly backfire on making your relationship salvageable. And not just to save it, but to put it back together and make it wonderful again. So don't let yourself do that. What do you do instead? Before you do anything, before you say anything, ask yourself this question. What am I trying to accomplish with this? How do I think he or she is going to react?

Just before I sat down to make this video I was on the phone with a young lady and she's been mistreated by her partner quite a bit. Now he hasn't had an affair, he doesn't have a gambling problem, he isn't addicted to something. I mean it's not those kinds of things, it's just that he's been very unkind to her, mistreated her. Now this particular couple's not yet married, and it appears that this thing is gonna break up before they wind up getting married, but in the conversation with her she said, "I'm gonna do this and I'm gonna do that." And I asked her the question, "And what do you expect to accomplish with that?" She said, "What do you mean?" "Well in what you just told me I see one of three scenarios for a potential reaction from him." And then I painted those three scenarios for her. If you say what you just said you were gonna say, he's probably gonna do either A, or B, or C. And I outlined 'em, exactly what A was, and B was, and C was, in terms of likely reactions from him when she said that.

And then I said, 'Only one of those is actually gonna be good for you, B.' So here's my question, if you say that, what are the odds that he's gonna react with B? She said, "Not very high." So he's probably gonna choose A or C, both of which are gonna be bad things for you, right. And she said, "Yes." Then why do it? I mean how does this benefit you? How does it benefit him? How does it benefit the relationship? So rather than just reacting and doing things quickly, man you may be one of those people

that just tends to act very quickly. I mean you're a spontaneous kind of person. Good for you, that's great, I'm that same kind of person. I like that.

Or whether you're a processor, and I admire those people tremendously. No matter what your style is there, just stop and think, if I say this, if I do this, what are the likely reactions? Which one do I think he or she's really gonna do? Now, is that going to accomplish what I really want to accomplish? It doesn't always mean that good things are gonna happen, sometimes you realize that what you're gonna accomplish is gonna be negative for the short term, but it's still the best thing to do right now. We'll talk about that in a future video, or another video I should say. There's many on this site. But don't act hastily. Know what you're going ... well know what you're trying to accomplish. Make it a goal. What is my goal if I do this? And then evaluate how that action, those words, that decision, whatever it is, is gonna affect that goal. Clear enough? Don't act hastily.

And then the last thing. Don't over promise or over commit. It's kind of an extension of what we've been talking about already, but sometimes people do that, like if you'll just stay I promise ... Actually one husband did this, if you'll just stay, I promise you that every day for the rest of our life you'll receive a note from me the first thing in the morning telling you something else I love about you. Don't you see, that's how I'm gonna prove to you I love you every day another thing I love about you. Interesting promise don't you think? By the way, you think that you're gonna come up with 365 unique and individual reasons that you love your spouse? I mean because that's what it will take to do one year of that. Oh and that's just one year. You say, oh real people don't make those promises. We actually have a guy that we work with that actually made that promise to his spouse.

People make all kinds of promises, I'll be the best lover you've ever had. Every sexual encounter we'll have from now on will be amazing. You say well surely I can promise that. No you can't, because that's affected by so many different things. I know I'm a sexologist, my PhD was earned at the University of Sidney studying the causes of marital satisfaction and sexual satisfaction. And the correlations between marital satisfaction and sexual satisfaction, and I'll guarantee you right now you can't make a promise that every sexual encounter for the rest of your lives is gonna be amazing. I mean you can make the promise, but you cannot fulfill it. Don't over promise. Don't over commit.

I've even, well one lady said, "I know that you don't like my parents, I promise you that I'll never speak to them again as long as you love me and stay with me." That's not a good promise. I mean if you want a relationship with your parents, and if you have children, and you want them to have relationships with their grandparents. Just think it through. You can make promises if you wish, you can commit to certain things if you wish, but don't over commit.

So did you hear the three points of this short video? Number one, do not let your emotions control you. If they rule you it'll sabotage you. Number two, don't make decisions hastily. If you do that it'll sabotage you and what you're trying to accomplish. And don't over promise, or over commit. Get it? Now there's some other things I need to talk about that you shouldn't do, and you'll see that in other videos on this site. And we will talk about the things you should do, as a matter of fact we're gonna be talking about a lot of things. But please, don't sabotage you. Because if you sabotage you, the things that you do aren't gonna work very well.

Until our next video, this is Dr. Joe Bean thanking you for watching this, and wishing you a good life.

